

Worksite Wellness Success Stories

May 2007

MDOC Central Office - 1st Spring into Wellness

National Employee Health & Fitness (NEHF) Day Health Fair

The Michigan Department of Corrections' 1st Annual "Spring Into Wellness" Health Fair was held at Central Office in Lansing on May 16th. 200 out of 400 employees participated.



The Health Fair was very positively received and included the following:

- *Massage Therapy*
- *Physical Fitness Programs*
- *Nutrition*
- *Yoga*
- *Screenings for blood pressure, body fat analysis and bone density*
- *Mental Wellness*
- *Childcare Services*
- *Mercury Thermometer Exchange*
- *Financial Planning - NuUnion*
- *Organic Foods*
- *Ergonomic Healthy Work Stations*
- *Employee Service Program - ESP*

Healthy Salad Competition - Employees voted for the "BEST Salad" from Downtown Lansing restaurants.

1st Place (tie): Cadillac Club & Backyard BBQ

2nd Place (tie): Sultan Express & Troppo

3rd Place: Soup to Nuts